

Warning Signs for Suicide

Warning signs can be indicators that a person may be thinking about attempting suicide and may urgently need help:

- Talking or writing about wanting to die or to kill oneself
- Looking for a way to kill oneself, such as searching online or obtaining a gun
- Talking about feeling hopeless or having no reason to live
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs



- Losing interest in activities
- Acting anxious or agitated; behaving recklessly and irrationally
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Showing rage or talking about seeking revenge
- Displaying extreme mood swings
- Sharp drop in performance
- Giving away possessions



How to Help Someone in Crisis

1. **Ask Directly** Asking someone directly, “are you thinking of suicide?” can be the open door to a conversation that they’ve been needing.
2. **Be an Active Listener** Be there to listen with compassion and empathy. Avoid judgmental or dismissive statements that might make someone recede from the conversation.
3. **Keep Them Safe** Do not leave someone alone if they are thinking about suicide. If you think the person is in immediate danger, call 911 or take them to the nearest emergency room.
4. **Connect Them to Help** Find out who they can reach out to for help, whether it’s a therapist, a doctor, friends or family. Help them feel supported and offer resources to get professional assistance. For additional support, call 911 or your local suicide hotline.
5. **Check-In Again** Follow-up with the person in the days and weeks after the crisis to let them know you’re thinking of them.